

Exercise Basics OVER-TRAINING	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A04.06 08/1997-N Page 1 of 1
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INTRODUCTION

The most common training error committed probably is the act of over-training. It's not that enthusiasm should be discouraged, but rather the concept that more is always better. It is true that the body will experience a training effect only if an overload is introduced, but only if the overload is not carried to the extreme. The extreme being over-training which leads to injuries: injuries lead to inactivity; and inactivity leads to decreased fitness levels.

SIGNS & SYMPTOMS

The signs and symptoms of over-training include;

- Lack of motivation.
- Aching joints.
- Tired and sore muscles.
- Insomnia.
- Irritability.
- Increase in resting pulse of ten beats per minute over normal.